

# WHAT HAPPENS IF MASLD IS NOT ADDRESSED?

Understanding the long term risks of ongoing metabolic liver disease.



## PROGRESSIVE FIBROSIS

When metabolic dysfunction and fat accumulation persist, ongoing inflammation can lead to scar tissue formation inside the liver. This process is called fibrosis.

Fibrosis can develop silently over years without noticeable symptoms.

- ✓ Scar tissue gradually replaces healthy liver tissue
- ✓ Early fibrosis may not cause symptoms
- ✓ Fibrosis stage predicts long term liver outcomes



## CIRRHOSIS

If fibrosis advances, extensive scarring can disrupt normal liver structure and function. This stage is known as cirrhosis.

Cirrhosis increases the risk of liver failure and other serious complications.

- ✓ Advanced scarring impairs liver function
- ✓ Increased risk of liver failure
- ✓ Higher risk of liver related complications



## CARDIOVASCULAR RISK

MASLD is strongly linked to metabolic dysfunction. Heart disease remains one of the leading causes of illness and death in individuals with MASLD.

- ✓ Insulin resistance affects the entire body
- ✓ Elevated triglycerides and cholesterol increase vascular risk
- ✓ Blood pressure and metabolic health matter



## LIVER CANCER RISK

Individuals with advanced fibrosis or cirrhosis are at increased risk of hepatocellular carcinoma, the most common form of primary liver cancer.

Monitoring and early detection are important in higher risk individuals.

- ✓ Risk increases with advanced scarring
- ✓ Screening may be recommended in cirrhosis
- ✓ Early detection improves outcomes



## Early recognition changes trajectories.

Addressing MASLD early can slow or even reverse progression and protect long term liver and overall health.



**SOURCES:** European Association for the Study of the Liver (EASL) Clinical Practice Guidelines on MASLD, 2024  
American Association for the Study of Liver Diseases (AASLD) Practice Guidance on MASLD, 2023  
Journal of Hepatology, "Clinical Practice Guidelines for MASLD," 2022  
Hepatology, "Progression of NAFLD to Cirrhosis and Associated Risks," 2021

Educational resource. Not medical advice. If you have concerns, speak with a qualified healthcare professional.